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Thursday, September 7, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

MAKING TRACKS

Pennsylvania native Shayna Texter is picking up speed in motocross. 6

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Picks for Center City Restaurant Week. 18-19

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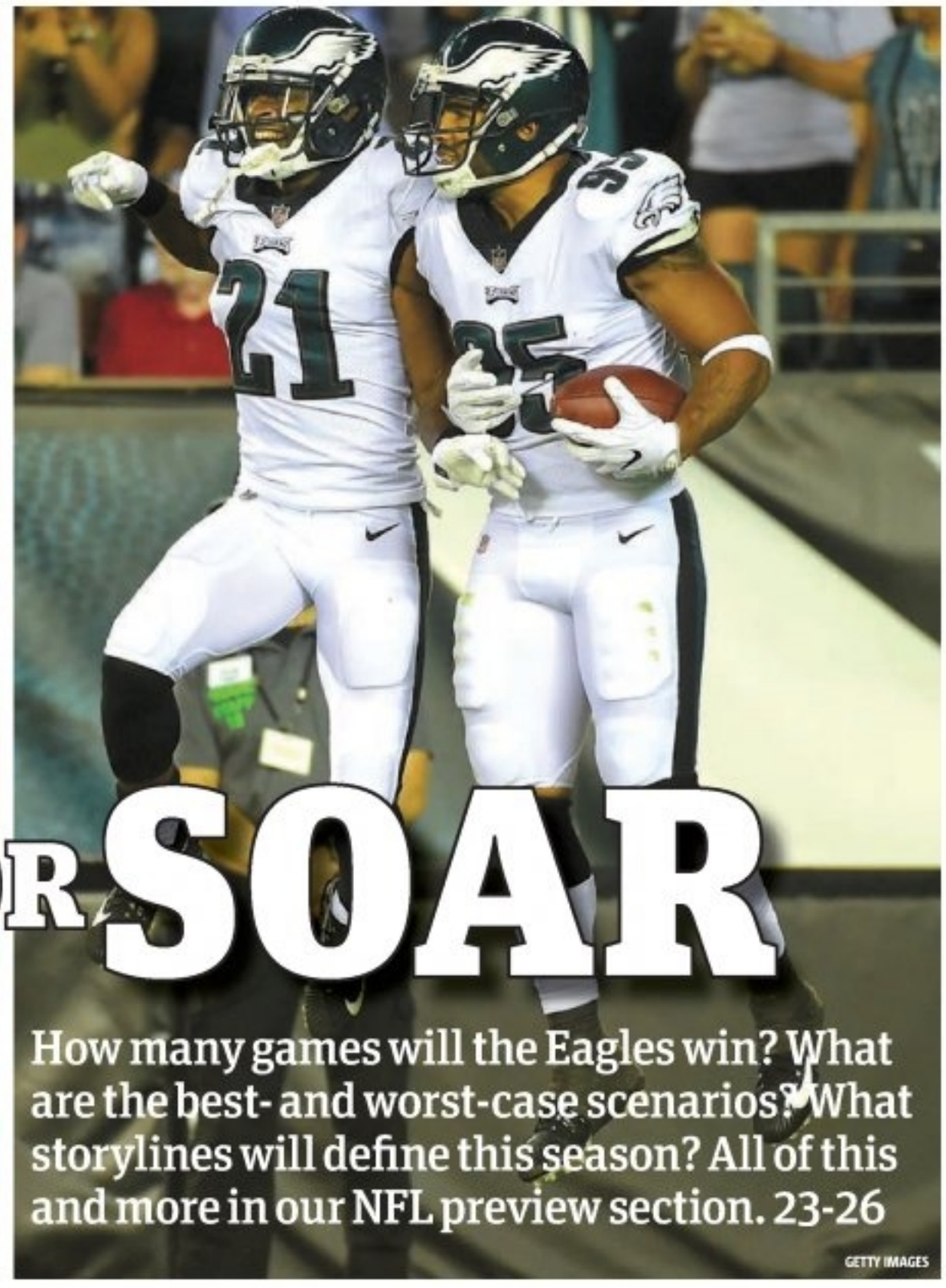
STINK OR SOAR



How many games will the Eagles win? What are the best- and worst-case scenarios? What storylines will define this season? All of this and more in our NFL preview section. 23-26

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ERIN TIERNAN, WEB REPORTER

We've got Barbara Walters, Anderson Cooper and Walter Cronkite, but in North Korea, it's Ri Chun Hee, also known as the "Pink Lady" the country looks to for its news. The 74-year-old has earned her share of parodies and criticisms over the years for her dramatic, cheerful announcements of North Korean military prowess. Find out what all the fuss is about at **metro.us/news.**

HOUSE APPROVES $8B INITIAL HARVEY RELIEF

1 The U.S. House of Representatives on Wednesday approved roughly $8 billion in initial emergency aid for relief and rebuilding after Hurricane Harvey, which tore into Texas on Aug. 25. The House-passed measure, which provides $7.4 billion for the Federal Emergency Management Agency and $450 million for the Small Business Administration, will now go to the Senate. Barring unexpected setbacks, the aid measure is expected to be sent to the White House by the end of the week. After a White House meeting between President Donald Trump and congressional leaders from both parties, Senate Minority Leader Chuck Schumer and House Minority Leader Nancy Pelosi announced that they had reached a deal to tie the Harvey aid to short-term measures to fund the government and raise the debt ceiling through Dec. 15.

SEN. MENENDEZ FACES CORRUPTION TRIAL

2 Sen. Bob Menendez abused his power to help a wealthy benefactor in a years-long bribery scheme that netted the New Jersey Democrat lavish gifts and major campaign donations, federal prosecutors told a jury. "This case is about a corrupt politician who sold his Senate office for a life of luxury he couldn't afford," the lead prosecutor, Peter Koski, said at the start of Menendez's corruption trial in Newark. Menendez's lawyer, Abbe Lowell, said prosecutors had twisted a close, brother-like relationship into something illicit. "Acting out of friendship is not improper, it is not corrupt, and it is certainly not a crime," he said. Menendez is accused of intervening with federal officials to help his co-defendant Salomon Melgen stays at a Caribbean villa and hundreds of thousands of dollars in campaign money.

FLORIDA BRACES FOR HURRICANE IRMA

3 Potentially catastrophic Hurricane Irma clobbered Caribbean islands with pounding winds, rain and surging surf on Wednesday as officials in Florida called for evacuations ahead of the storm's expected landfall there this weekend. Irma could become the second powerful storm to thrash the U.S. mainland in as many weeks, but its precise trajectory remained uncertain.

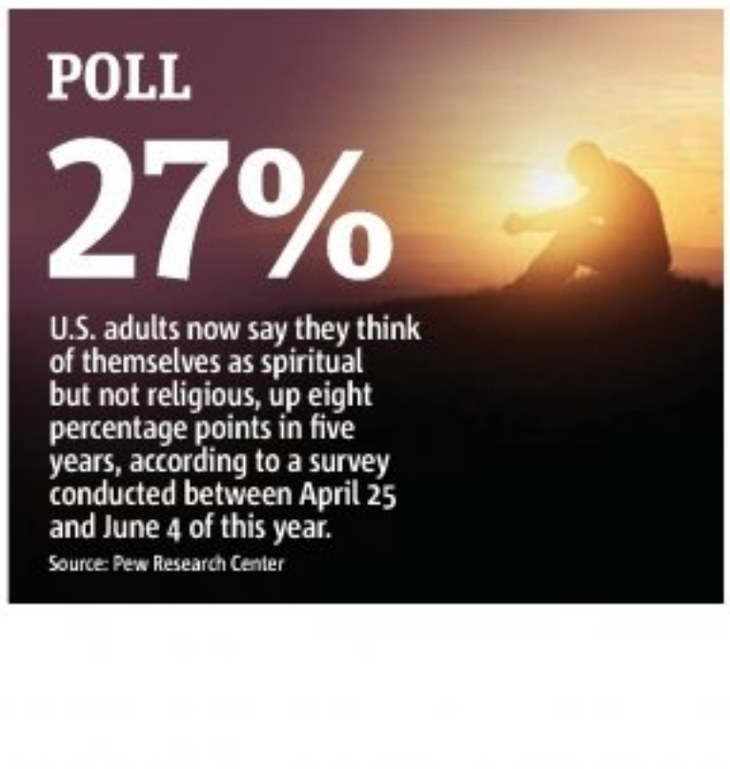
Hurricane Harvey killed about 60 people and caused as much as $180 billion in damage after hitting Texas late last month. The eye of Irma, a Category 5 storm with winds of 185 mph, was passing over the northernmost Virgin Islands on Wednesday afternoon.

FISCHER, VICE CHAIR OF THE FED, RESIGNS

4 U.S. Federal Reserve Vice Chair Stanley Fischer, a veteran central banker who helped set the course for modern monetary policy, said on Wednesday he will step down from his position in mid-October, potentially accelerating President Donald Trump's opportunity to reshape the direction of the central bank. In a letter to Trump, Fischer, 73, said he was resigning for personal reasons effective on or around Oct. 13, eight months before his term as vice chair expires in June. In the letter, Fischer said jobs growth had returned to the United States and that "steps to make the financial system stronger and more resilient" had been taken — actions that may now be weakened by the Trump administration. His departure leaves the seven-person board of governors with as few as three sitting members.

T-MOBILE TO OFFER FREE NETFLIX WITH PLAN

5 T-Mobile US Inc. said on Wednesday it will offer a free subscription to video streaming service Netflix Inc. with its unlimited data family plans in a push to lure more subscribers. The new offer shows how wireless carriers are bundling content with mobile service as a way to attract and keep customers in the United States, where most people already have cellphones and are increasingly using them to stream content. Earlier this year, AT&T Inc., which is buying Time Warner Inc. for $85.4 billion in an effort to turn itself into a media powerhouse, started including HBO with its Unlimited Plus wireless plan. The company has said such offers are helping with subscriber retention. T-Mobile has been taking share from its larger rivals AT&T and Verizon Communications Inc. through cheaper prices and added perks.



POLL

27%

U.S. adults now say they think of themselves as spiritual but not religious, up eight percentage points in five years, according to a survey conducted between April 25 and June 4 of this year.

Source: Pew Research Center

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Confederate flag on narcotics cop's car shows racism in unit, union says

Black police union wants investigation into narcotics unit's leadership.

SAM NEWHOUSE
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A Confederate flag spotted on a police officer's personal vehicle was the last straw for African-American police officers in the narcotics unit who have now gone public alleging a "racially hostile work environment" in the unit.

"They got tired of it," said Rochelle Bilal, president of the Guardian Civic League, the union of black officers in the Philadelphia Police Department, which on Wednesday called for a full investigation of the unit's leaders and announced a possible civil rights lawsuit. "We believe that a crisis of racial discrimination exists at narcotics."

Various problems came out after a Confederate flag was discovered on the license plate of one narcotics officer's personal vehicle, which was parked at the narcotics unit on Wissahickon Avenue.

"In response to complaints, the city of Philadelphia has advised the corporal that he may not park his vehicle on city property while displaying a Confederate flag," Bilal said. "We appreciate this action, but believe that much more is needed. We are very concerned that this corporal may have white supremacist ties, and if so, he should not have a badge."

The incident spurred six African-American officers in the unit, including the unit's integrity officer, Staff Inspector Debra Frazier, to contact the League with complaints over the unit's culture.

Commanding officers allegedly referred to the killing of civilians as "thinning the herd," advised police to run over people's toes if they wouldn't leave a corner and called people in minority communities "scum," according to the League.

The Philadelphia Police Department declined to comment on the allegations.

Narcotics unit commanding officers also encouraged officers to falsify paperwork in an allegedly improper way after drug possession arrests to aid in flipping suspects into informants, according to the league. African-American police officers who refused such directives were denied overtime and beneficial shifts, the League claimed.

The fact that the corporal "felt comfortable" parking a car with a Confederate flag shows the unit has a culture of discrimination, they added.

Attorney Brian Mildenberg has been retained by the League and the involved officers, and he is currently investigating with an eye toward a potential civil rights lawsuit, he said.

> *"We believe that a crisis of racial discrimination exists at narcotics."*
> Rochelle Bilal

"What if that corporal involved himself in the prosecution of an African-American suspect? And he has a Confederate flag on his vehicle?" he asked. "I certainly would not want to have that person involved."

And Bilal pulled no punches in identifying who she deems responsible for these problems: the unit's chief inspector Anthony Boyle and inspector Raymond Evers.

"They need to be removed from the unit today," she said.

Philadelphia Guardian Civil League President Rochelle Bilal discusses alleged racism within the police narcotics unit. CHARLES MOSTOLLER

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In 2011, Shayna Texter became the first female to win a main event, winning in GNC2 at the Knoxville Raceway. SCOTT HUNTER

Motocross maven Shayna Texter is making tracks

The 26-year-old Pennsylvania native is picking up speed in the male-dominated world of motocross.

CASSIE HEPLER
@MetroPhilly
letters@metro.us

One really can't judge a book by its cover.

Standing at just 5-feet and weighing 95 pounds, Lancaster native Shayna Texter is the all-American, fresh-faced rider leading the pack in American Flat Track, a highly competitive, male-dominated moto-series known as "America's oldest extreme sport."

Texter, 26, is eager to compete in the upcoming Williams Grove Half-Mile on Sept. 9 in Mechanicsburg, on her bike of choice, the No. 52 Honda CRF450R, a 450cc single-cylinder motocross bike in flat track trim. The race will be a high-octane, handlebar-to-handlebar race where riders swerve around a dirt track at speeds of 140 mph and higher on bikes with no front brakes.

Saturday's race has a special place in her heart because it's in her home state.

"It has always been a dream of mine to race in Pennsylvania," she told Metro during a recent interview.

"This year a lot of my family and friends who have never been to a race will finally be able to watch me compete in person. This is also a track I grew up going to and watching my grandfather race sprint cars at. I personally have only competed at Williams Grove one time as an amateur, and it was actually one of my first half-miles," said Texter.

Texter got involved in American Flat Track racing from the time she was born.

"It is in my blood. My dad raced, my brother races, and both of my grandfathers were involved in racing. My dad actually came straight home from Daytona Bike Week where he competed when I was born. He was a professional flat track and road racer. My grandfather also turned the wrenches for many riders before turning the wrenches on my dad's bikes. I grew up going to and watching professional flat track races as a fan and I was always turning left in my families Harley-Davidson shop field from the time I was 3 years old. I didn't actually start competing on dirt track ovals until 2003. I watched my brother race for about half of the year and decided the night before a race in Hanover at Trailways Speedway that I wanted to give it a try. I've never looked back," she said.

Just like any other extreme sport, her training schedule is grueling. She rides a few days a week in between races if her schedule allows and works out in between the riding. Her heavy strength training is in the offseason and she actively maintains during riding season. She recently added a lot of cardio in between rounds with running, bike riding and a rowing machine. She also has a small gym in the basement of her house and portable equipment for travel.

"I don't think I have to work any harder or any less than the men of the sport do. I live with two men who compete in the full season of American Flat Track: one, my brother Cory and the other my boyfriend, Briar Bauman. I know how hard we all work and it is never easy for any of us. We all have had to work hard to get to where we are today in the sport," she said.

According to Texter, when you're on the bike, everyone looks at each other as motorcycle racers and she doesn't get any flack from the men.

"We all respect one another. Flat track is one big family, we all love and care for one another off of the track. When our helmets are on we compete, but the minute they come off you will see many riders laughing and sharing stories with one another and even traveling and training together," said Texter.

Currently, there is only one other female rider competing — Sandriana Shipman.

"I haven't really competed against her much as this is her first year on the professional circuit. I have, however, competed against Nichole Mees, who just retired and had a baby. Competing against her or any other female in the sport is no different. When our helmets are on, we are all simply just motorcycle racers who are all trying to win," she said.

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OP-ED: WHEN IT COMES TO BIRTH CONTROL SAFETY, DON'T CONFUSE ANECDOTES WITH EVIDENCE

Metro reader, Philadelphia resident and medical student Annie Ferris responds to Metro's recent story, "The Hidden Dangers of Birth Control and Tampons."

Medical student Annie Ferris responds to a recent Metro article about contraception. ANNIE FERRIS

I am a fourth-year medical student at Sidney Kimmel Medical College of Thomas Jefferson University. On Thursday, I read an article on the "hidden dangers" of birth control and tampons. To my knowledge, the writer is not a doctor and has no formal medical training. She gave anecdotes from people in her own life as if they had the same scientific weight as decades of medical research and treatment. This kind of writing is not only ignorant, it's also harmful, and it angers me that readers could be led astray by this article.

The most serious concerns I have are regarding what she wrote about birth control. Her examples included a friend who has to take "bone-building pills" every day from being on the Depo-Provera shot. She also has a family member who received this treatment and is now facing a hysterectomy after experiencing uterine problems.

This is not remotely sufficient evidence to prove that birth control is harmful.

We know nothing about the other medical issues these women have that could play a part in their health. Furthermore, "uterine problems" leading to a hysterectomy are not a known side effect of the Depo shot. Lack of knowledge regarding women's health has led her to catastrophize and attribute unrelated side effects to birth control.

It's important to know that there are side effects to any medication you take. One of the side effects of the Depo shot is indeed decreased bone mineral density, but what the story doesn't mention is that studies have shown the rate of bone loss is very small – only 0.5 to 3.5 percent after the first year of use.

While bone loss increases in small amounts after two years of use, it then levels off after five years. More important, after stopping the shot, this loss is almost completely reversed. This means that for most women, there is no need to be concerned about decreased bone density from the Depo-Provera shot. There are also plenty of other options for birth control that have fewer side effects. An OB/GYN – who has received at least nine years of training learning how to safely prescribe and administer birth control – can help provide their patients with trustworthy guidance based on evidence from millions of women, not the random examples of two people they know.

The story also states that side effects of the hormone progestin include blood clots, heart attacks, strokes, liver problems, eye problems, and rarely, death. However, pregnancy itself can also cause blood clots, liver problems, and rarely, death. There are risks to everything you do, but the risks are acceptably small enough to warrant using birth control for family planning, and for many women to make the decision to become pregnant. These side effects from birth control are incredibly rare, and many forms are very safe for most women. I would strongly advise seeking medical advice from professionals rather than a newspaper columnist who confuses anecdotes with evidence.

Submit your op-eds to Letters@Metro.us. ANNIE FERRIS

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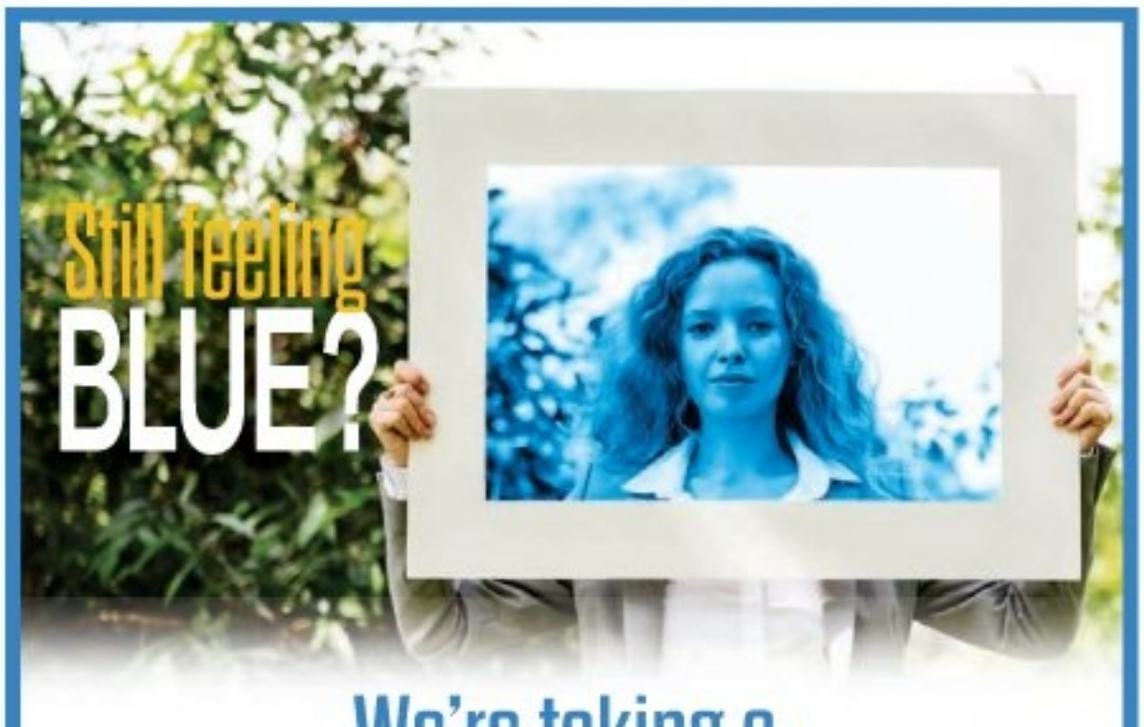

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'Pharma Bro' offers $5K for Hillary Clinton's hair

Martin Shkreli made the offer – and detailed a possible response – on Facebook.

MICHAEL MARTIN
@MetroPhilly
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Martin Shkreli gained notoriety for grossly inflating the price of a life-saving drug. GETTY IMAGES

With spare time after his fraud trial ended in a felony conviction last month, "Pharma Bro" Martin Shkreli announced that he wants a piece of Hillary Clinton — literally.

The guy called "the most hated man in America" has offered a $5,000 reward to anyone who can bring him a sample of Clinton's hair, reported The Hill. He suggested it could be acquired during her upcoming book tour.

"The Clinton Foundation is willing to KILL to protect its secrets," Shkreli wrote in a Facebook post Monday. "So on [Clinton's] book tour, try to grab a hair from her. I must confirm the sequences I have. Will pay $5,000 per hair obtained from Hillary Clinton. Payment after the sequence matches. Good luck, patrollers."

"Sequences" refers to DNA sequences, and it's unclear what that has to do with Shkreli's accusations or anything.

"This is satire, meant for humor and not an endorsement of violence against a truly wonderful public servant," he concluded, but by Tuesday afternoon, Shkreli claimed he had been contacted by the Secret Service.

"The Secret Service has requested an interview with me," he wrote on Facebook. "I am declining that interview – schedule is full. I will be peacefully protesting the Hillary Clinton book signing in NYC, chanting, 'Lock her up' with my friends, though."

On Wednesday afternoon, Shkreli claimed success, posting that he had received "various samples, including a pristine condition 25-hair (including follicles) sample of the subject in question. I will proceed with sequencing as fast as I can."

Disappointing those who like their trolling narratives to be neat and tight, Shkreli still hadn't specified what he would like to do with any DNA extracted from any hair samples.

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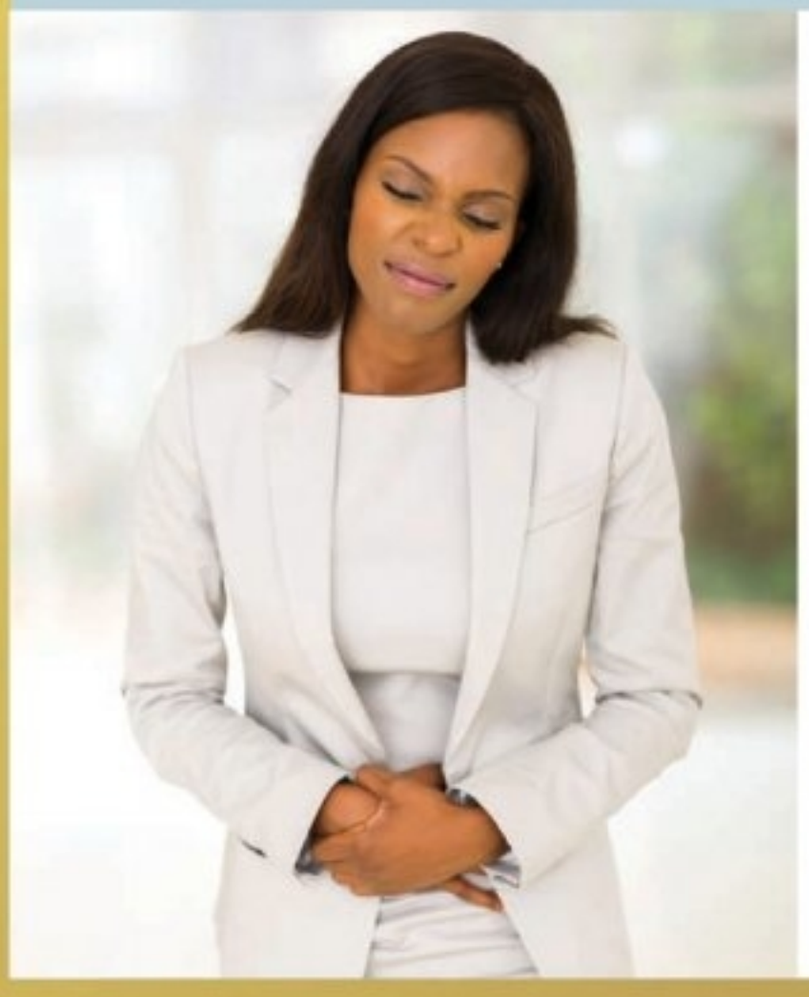

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North Korea's 'pink lady' has been dropping news bombs for four decades

In North Korea, Ri Chun Hee, the country's most famous news anchor, has been serving up a forecast of bombs, missiles and destruction for four decades and it was her familiar face that went over the air once again to cheerfully announce North Korea's latest successful nuclear test.

Though Ri retired from the screen in 2012, she's still the North Korean government's go-to spokeswoman. She reemerged Sunday to inform North Koreans that a sixth nuclear detonation had gone smoothly, The Washington Post reported.

"The test of a hydrogen bomb designed to be mounted on our intercontinental ballistic missile was a perfect success," Ri said, clad in her typical pink robes. "It was a very meaningful step in completing the national nuclear weapons program."

Around the world, the 74-year-old has become known as North Korea's pink lady – recognized for her dramatic and cheerful description of the country's military successes.

Ri Chun Hee, better known as North Korea's "pink lady," is the country's most famous news anchor. WIKIMEDIA COMMONS

Sunday's announcement came about with the pomp and circumstance that has become characteristic for Ri – seated in front of a bucolic painting of a lake, adorned in formal pink robes and with uttering her message with her signature theatrical flair.

Ri is a figure so iconic in North Korean media she has been likened to Barbara Walters. She has endured three generations of North Korean leaders and tearfully broke the news of the deaths of Kim Il Sung in 1994 and his son Kim Jong Il in 2011 – she ditched the pink robes for those announcements in favor of black mourning robes.

Not much is known about Ri's background other than that she was reportedly born into a poor family in what is now the southeastern part of the country. She later attended theater school in Pyongyang, joining state television as it was beginning to take shape in 1971 and launching a career that would span decades.

A North Korean state-run magazine paid homage to Ri in a 2009 article saying, "As these days passed, her voice grew to have an appeal so that whenever she would speak on the news, viewers were touched," according to the Reuters translation. "When Ri announced reports and statements, enemies would tremble in fear."

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Why can't kids get enough of squishies and fidget spinners?

What is behind the skyrocketing rise in popularity of these fidget-type toys, and can they really help improve kids' attention?

HAYDEN MITMAN
@MetroPhilly
letters@metro.us

Over the past year, fidget spinners have risen in popularity across the country.

Squishies often take the shape of treats.

But, according to New York Magazine, these types of devices might soon be outsold by a new "squishie" toy, that works like a typical, squeezable stress ball.

"The squishies are like, the next thing," said Adrienne Appell, director of strategic communications for the Toy Association, a not-for-profit trade group that represents businesses in the toy industry.

But, what is behind the meteoric rise of these types of fidget toys? And, is there any proof that these kinds of toys can actually help improve a child's attention span?

"There are so many ways that kids are finding out about it now," she said. "It's very, very easy for a toy to go viral."

The benefit that these new fidget-type toys have, according to Roland Rotz, Ph.D., a licensed child and adult psychologist and director of the Lifespan Development Center in Carpinteria, California, who is an expert on ADD and who co-authored a book, "Fidget to Focus," is that these toys can benefit a child's attention span.

He explained that we live in a world where — unlike in the past where books and radio required more imagination from an audience — entertainment is now realized for the audience.

"We have a world where a 2-year-old can use an iPad," said the 65-year-old Rotz. "The world is created for you now."

This can cause children and young adults raised in

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Squishies have recently gained in popularity. ALL PHOTOS WERONIKA KWIATKOWSKA

this type of environment could be bored easily, he said. He said that telling children to sit still and pay attention just doesn't work, but, by using these types fidget toys as background stimuli, a child can focus on tasks they might have otherwise found boring.

In fact, in a 2006 study, sixth-grade students who were given stress balls — similar to the squishies — were found to improve students' "attitude, attention, writing abilities, and peer interaction."

Dopamine controls the brain's reward and pleasure centers, and Rotz said that by using these devices while students do a chore they don't enjoy, they can focus more on the chore because the brain is engaged.

The new challenge, he said, comes with ensuring these devices — which come in all colors and shapes — don't become a distraction to other students when a student is using one around them.

"If they allow [students] to stimulate their brain quietly, that's one thing," he said. "But, it has to be done respectfully. If it's a distraction to anyone else, then it's not as effective."

What are squishies?

Here's what you need to know about the squishy fad.

Squishies smell good. Some squishies come equipped with a scent that reflects the toy's shape. Strawberry squishies smell like the sweet fruit, cake smells like delicious baked goods, and so on.

Squishies keep you calm. Much like slime, stress balls and fidget spinners, squishies are designed to relieve stress by letting people release their excess energy.

Squishies come in many forms. Although many squishies look like food — donuts, ice cream, cookies — some of them also look like animals.

Squishies aren't expensive. Small sizes, which fit in the palm of a hand, can run as low as $1 for one, and you can buy a pack of 20 assorted squishies for $15 on Amazon. Larger squishies, such as a three-tier cake squishy, runs as high as $20 for one.

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1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453.

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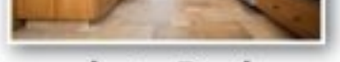

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Katie and Jamie held hands in public

Jamie Foxx and Katie Holmes were caught holding hands to the surprise of, well, no one.

The love birds — ugh, I hate myself for saying that — were photographed taking a stroll on the beach hand in hand, wearing matching fedoras. You know, like couples do.

Their latest outing could have something to do with Holmes' rumored five-year-clause — it supposedly banned Holmes from publicly dating anyone, as not to sully ex-husband Tom Cruise's reputation which, LOL. Damage is done, BB.

"Katie signed a clause in her quickie divorce settlement that prevents her from embarrassing Tom in various ways, like talking about him or Scientology or publicly dating another man for five years after the divorce," a source told Radar last year.

Yep. Sounds like some classic Cruise nonsense to me.

Carry on!

the word

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A new Kimye baby will premiere January 2018

You guys, it's been a while since Kim Kardashian and Kanye West released their spawn to the world. In 2013, we got North. In 2015, we got Saint. And now, premiering in January 2018 we'll get ... another baby with a not normal name.

Turns out the rumors were right: A source confirms to People that the surrogate the Kardashian-Wests hired to carry their third child is pregnant.

"Given her health scares in the past, Kim felt the need to hire a surrogacy agency that helped serve as the liaison in finding a healthy woman who would be a great surrogate option for her and Kanye," the source told the magazine. "They want everything to be perfect.

Congratulations to the fam! Say what you will about the Kardashian-Wests, but they make really, really cute babies.

Hooray?

Aaron Carter tweeted through a car accident

Troubled dude Aaron Carter would like you to know that he was in a car accident the other day. But don't worry, or anything: He's totally fine.

The singer posted a picture of him driving, but shortly after wrote. "Life is really so precious, I just got into a terrible accident and completely totaled my BMW M4." Is this a case of chronic oversharing or sponsored content on behalf of BMW? I don't know!

"TBH this s—t hurts my arms hurt my legs hurt all my airbags went off I broke my nose this is f—ked up," he said.

"I never meant to get into an accident as severe as this," he continued. "I've ran into people before and honestly nothing compares to what happened today."

Anyway, if someone could take this dude's license away, that would be great.

My dude continues to do the most.

ALL PHOTOS GETTY IMAGES

Anna Faris says being a guy's girl is overrated

Ever since Anna Faris split from Chris Pratt, People has been combing through everything she says or does for hints about the disintegration of their relationship.

Now, the "Mom" actress has book of essays coming, and Cosmopolitan has featured an adapted essay about being a guy's girl — and how it's no bueno.

"I was once told that I didn't need a tight group of girlfriends because Chris should be my best friend," Faris says. "But I never bought that. The idea of your mate being your best friend — it's overhyped." OK, girl, tell 'em!

Also, she looks great.

"In my 20s, I thought it was cool to say I was a guys' girl," she continues. "[But] I wasn't even getting any fulfillment from the relationships with those dudes."

Anyway, what does this all mean!? It probably means just what she says — Chris wasn't her best friend. Which is chill, tbh.

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How 'Narcos' can evolve beyond Pablo Escobar

Michael Stahl-David spoke exclusively to Metro about the future of the Netflix show.

GREGORY WAKEMAN
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Michael Stahl-David as Chris Feistil in Narcos season 3 JUAN PABLO GUTIERREZ/NETFLIX

"Narcos" season three hit with a bang last week, when Netflix uploaded all 10 episodes. Fans quickly devoured each and every one of them. (Hey, what is a long weekend for?)

Things were much different this time around, though, as the death of Pablo Escobar (Wagner Moura) at the end of "Narcos" season two paved the way for the Cali Cartel to fill the void.

The emergence of the Cali Cartel also coincided with the debut of several other characters, including Michael Stahl-David as DEA agent Chris Feistl, who works under Javier Pena (Pedro Pascal). I spoke with Michael Stahl-David to ask the question on everyone's mind: Does the death of Escobar mean the show is headed toward its conclusion, or is it going off in a new direction? Stahl-David insisted it was the latter, even insisting that "Narcos" could take place at any time or place, as long as narcotic trafficking was prominent.

"The cool thing about season three is that 'Narcos' doesn't mean Pablo Escobar. 'Narcos' means narcos. As long as there's any narco traffickers in any part of the world in any place of history. So I actually think that season four will be very interesting. Three is already like a reinvention of the show, and I think that you could see them doing that again," Stahl-David said.

"The show can go on for a long time, I think, as long as Eric Newman and his writers can keep on churning out scripts," he said. "There's certainly places all over the world that have fascinating and f--d up stories about how this underworld business enterprise works."

Stahl-David said he spent time with the real Chris Feistl, who retired from the DEA and moved to Phoenix seven years ago. The 34-year-old actor even traveled all the way out to Arizona and booked a session in an escape room in the hope that Feistl's mannerisms would come to the fore. This plan worked perfectly — Stahl-David admitted that, even though Chris Feistl was originally skeptical, his competitive streak soon emerged. Stahl-David quickly noticed and took note of the "forward energy" Feistl showcased in order to help his portrayal of the DEA agent in Narcos season three.

"The escape room was a funny idea that worked out well. I rented out this one in Phoenix near where he lives. And at first, he was like, 'We've got a lot of business to discuss. I don't know if that's a great use of our time.' And I was like, 'We'll see'," Stahl-David recalled. But Feistl's skepticism changed once the two men got into the room.

"Sure enough, we do it, and he's a competitive dude, of course. And we were locked in this room with all these puzzles to sort out, and it was interesting to see his intensity when searching, especially as the time was running out," the actor detailed. "When you are in those things, it's like anything, anywhere in the room could be a clue, so we were turning stuff over looking for stuff. And that really was similar to the energy of when we were raiding the different hideouts and trying to find the trap wall and the fake wall."

All three seasons of "Narcos" are available on Netflix, and it's been confirmed that at least a fourth will follow. Unfortunately for viewers, a release date for "Narcos" season four has yet to be announced, but it has previously taken only a year for each new season to arrive. So hopefully, the next season will be with us by September 2018.

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Lindsay (Kether Donahue) is living her best damn life. BYRON COHEN/FXX

How to survive a breakup, according to 'You're the Worst'

The Season 4 premiere had a lot of wisdom, frankly.

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Last night, "You're the Worst" kicked off its fourth season with the aftermath of Jimmy (Chris Geere) and Gretchen's (Aya Cash) break up and everyone is picking up the pieces. Or just avoiding the pieces altogether.

The two-part episode showed us all the ways to get over a breakup. Some bad, some horrible. So today, we're taking notes from the "You're the Worst" gang: Jimmy, Gretchen, Lindsay (Kether Donahue) and Edgar (Desmin Borges). Because if those four can commit to anything, it's being good at being the worst.

1 Go off the grid

Jimmy — without any way to be reached by the outside world — has spent the last three months hanging at a motor home retirement community. He borrows books from the library! He does handy work, somehow! It's a great way for him to run away from his problems and be distracted by the absence of any people he knows or loves.

2 Develop severe agoraphobia

Gretchen, meanwhile, hasn't left Lindsay's apartment in three months. It's certainly not healthy, but she doesn't have to deal with anything, which is really cool!

3 Dabble in street drugs. Like crack, for instance

Gretch also buys drugs, from the convenience of her window, from some homeless dude on the street. And not just any drugs: she buys crack cocaine. It's pretty over the top.

4 Throw yourself into work

Lindsay, meanwhile, has a new job and with it a new glow. It's actually impressive how effortlessly she's bounced back from her divorce, even if she is waist-deep in Gretchen's overwhelming … um, issues. (See use of extremely hard drugs above.)

5 Buy lots of plants!

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In the wake of Jimmy's disappearance, Edgar redecorates Jimmy's house and becomes a certified plant daddy. Sometimes, he really does seem like the most well-adjusted of them all.

6 Pass the time with a geriatric misanthrope
Jimmy has befriended an old dude who communicates primarily through a series of growls and throwing pinecones. We should all be so lucky as to have a senior citizen friend that mostly ignores you when you're down on your luck.

7 Get a friend with benefits
Lindsay and Edgar channel their mutual frustration with Jimmy and Gretchen through having healthy, unattached sex with each other. It works like a charm.

8 Binge-watch random shows
As seen in the retirement community. It's a great mindless way to stop from thinking on the issues at hand.

9 Hook up with a very rich ex and steal his wine
At her lowest, Gretchen seeks out her former flame, Ty. And he might be a douche, but he's very rich and very into collecting a bunch of old wine — which Gretchen steals, obviously. It's not quite a win-win, but it's not crazy far off, either.

10 When in doubt, drink copious amounts of alcohol
As always, our antiheroes rely on one thing to get them through: hard booze. Somehow, they're never hungover, but they're always at varying stages of drunkenness. It's goals AF.

Dixie Picnic to replace Scratch Biscuits on Chestnut Street

It seems like ages ago since Scratch Biscuits on Chestnut St. closed up shop for good, but not to worry, Dixie Picnic out of Malvern is taking its place, according to MSC Retail.

Founded in 2008, the breakfast and lunch Mainline favorite serves up southern-style comfort food in the form of boxed lunches with artisan sandwiches and baked goods.

One of their signature items is the Upcake, an upside-down cupcake where icing is slathered on the top as well as the sides, so every bite is frosting-filled and delicious. (Genius, right? We can't wait to try the honey lavender and the s'mores varieties.)

"Dixie Picnic has been serving the Main Line for nearly 10 years," says MSC Retail Real Estate & Hospitality Consultant, Vincent Stipo in a press release. "Dixie Picnic is excited to bring their brand and famous 'Upcake' to Philadelphia," he adds.

Dixie Picnic is open seven days a week for breakfast and lunch and also offers gluten-friendly menus and catering.

The opening date for the new 1,200-square-foot space has not yet been announced but stay tuned for updates on when you can get your Upcake fix right in Center City.

For more information, visit: dixiepicnic.com.

JENNIFER LOGUE

Have you tried the Upcake from Dixie Picnic? PROVIDED

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Our top picks for Center City Restaurant Week

Let the feasting begin.

JENNIFER LOGUE
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With Labor Day behind us and sweater weather approaching, there couldn't be a better time for Center City Restaurant Week, which takes place from Sept. 10 through Sept. 19. Presented by Center City District, over 100 restaurants are participating this year, offering diners three-course dinners for $35 and some spots even offering three-course lunches for $20. Here are our top picks for restaurants you've got to check out for Center City Restaurant Week 2017.

Little Nonna's

In the mood for some Italian comfort food? Make your way over to Little Nonna's for both lunch (not on Sunday) and dinner during Restaurant Week. The cozy trattoria with outdoor garden seating is serving up dishes like wild mushroom arancini (crispy risotto, buffalo mozzarella, truffle aioli), stracciatella (pulled fresh mozzarella, mixed italian olives, olive oil, sea salt, cracked pepper, grilled country bread), grilled swordfish, pan-seared gnocchi and rigatoni (sunday pork gravy, broccoli rabe, horseradish, parmesan). Dessert is included and features a tiramisu and a pistachio cannoli. Yum!

1234 Locust St.
littlenonnas.com

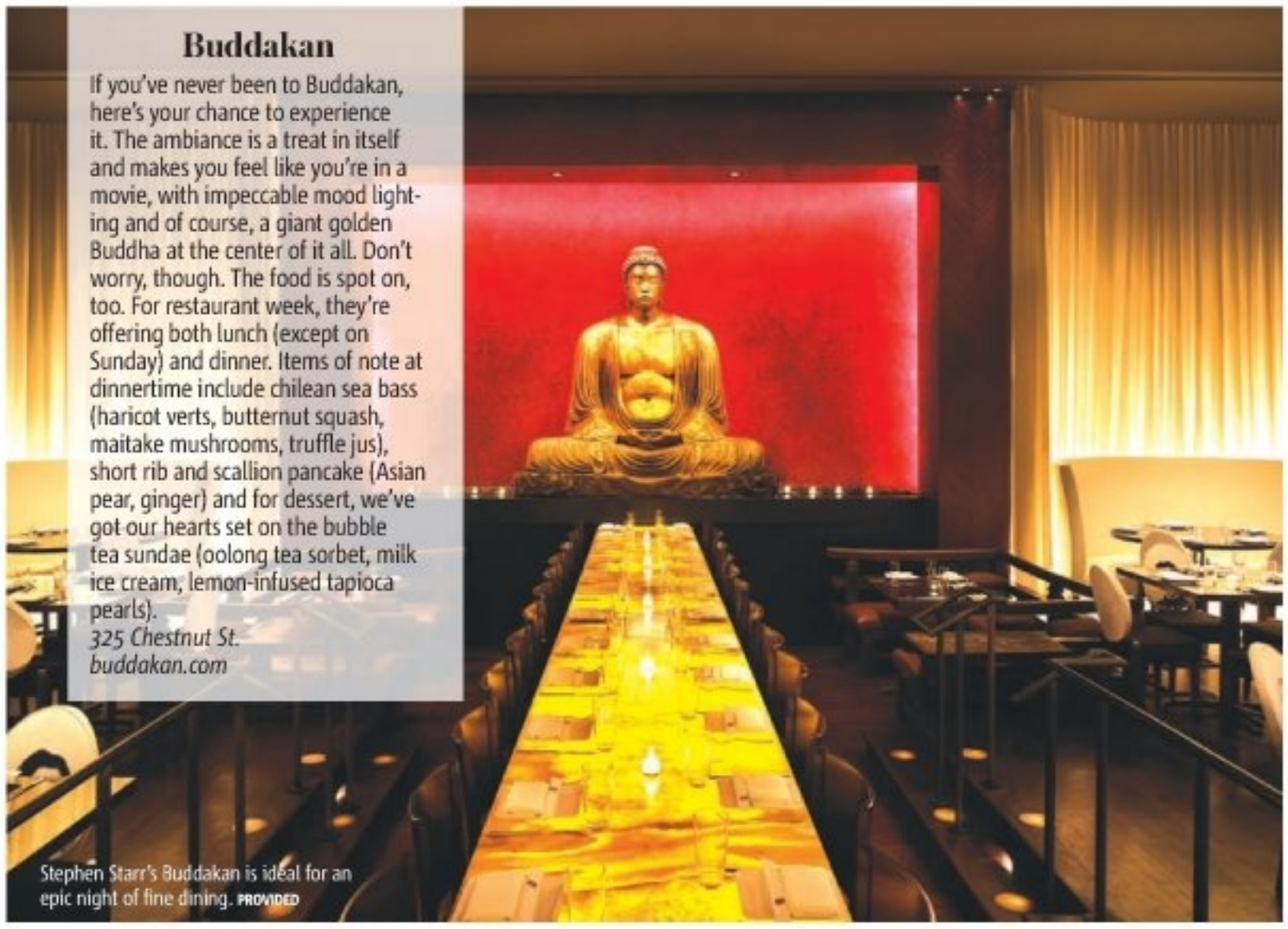
You can dine in a covered outdoor garden at Italian trattoria Little Nonna's. JASON VARNEY

Ocean Prime

In the mood for a steak but the rest of your party wants seafood? Ocean Prime does it all really well and given the immense size of the space, it's a great option if you're in a larger group. Their restaurant week menu features a selection of salads for the first course; filet mignon (haricot vert, creamy whipped potatoes, cabernet jus), teriyaki salmon (shiitake sticky rice, soy butter sauce) and Freebird Farm chicken (ratatouille, lemon pan jus) for the second course. You could go with ice cream or sorbet as dessert but we can't stop thinking about that carrot cake (cream cheese icing, pineapple syrup).

124 S. 15th St.
oceanprimephilly.com

Can't decide between seafood or steak? At Ocean Prime, you don't need to — just be sure to save room for their carrot cake. PROVIDED



Buddakan

If you've never been to Buddakan, here's your chance to experience it. The ambiance is a treat in itself and makes you feel like you're in a movie, with impeccable mood lighting and of course, a giant golden Buddha at the center of it all. Don't worry, though. The food is spot on, too. For restaurant week, they're offering both lunch (except on Sunday) and dinner. Items of note at dinnertime include chilean sea bass (haricot verts, butternut squash, maitake mushrooms, truffle jus), short rib and scallion pancake (Asian pear, ginger) and for dessert, we've got our hearts set on the bubble tea sundae (oolong tea sorbet, milk ice cream, lemon-infused tapioca pearls).

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Stephen Starr's Buddakan is ideal for an epic night of fine dining. PROVIDED

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Reservations at popular Garces restaurant, Volver, are highly encouraged, especially during restaurant week. PROVIDED

Volver

Located inside of the Kimmel Center, Volver by Garces is an excellent restaurant week option whether you're seeing a show or not. Their special menu includes eyebrow-raising items like milk and cereal (rice flakes, bacon, thyme marshmallows, white asparagus, truffle), a salmon cannoli (crème fraiche, rye) and shrimp toast (sesame, scallion, karashi mayo) for the first course. Giannone chicken (smoked swiss chard, sherry & foie gras cream), market fish (wild mushrooms, watercress, celeriac, truffle jus) and gyu katsu (wagyu culotte, karashi mustard, Pete's teriyaki, katsu sauce, kohlrabi) rounds out second course items. Be sure to save room for the orange and pistachio parfait for dessert.
300 S. Broad St.
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Be swept away to the Amalfi coast right in the heart of Old City. Located on the second floor, try to get an outdoor table if you can for your restaurant week meal. This year, they're serving up lunch every day (except Sunday) as well as dinner. Their lunch menu features spicy calamari (pickled cherry pep-pers, goat cheese), gnocchi Sorrento (marinara, melted mozzarella, basil, eggplant parmigiana, sautéed spinach, potatoes) and mushroom risotto (shiitake, oyster and portobello mushrooms, truffle essence). For dinner, enjoy family-style antipasto, peas and beef arancini spicy chipotle aioli, veal Milanese (arugula, pecorino toscano, lemon) and more. Both lunch and dinner include a selection of desserts.
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EXHIBITS

Reflections: Painting Memory

Longtime local painter Elizabeth Osborne puts her still life paintings on display, depicting scenes from her studio, silhouettes of family members and an entrancing "Emoji" oil painting. The exhibit opens Sept. 8 on the gallery's second floor. **Through Oct. 14, 10 a.m. Locks Gallery, 600 Washington Square South, locksgallery.com Free**

MISCELLANEOUS

Future of Art — Breaking the Mold

The latest in the Future of Philly event series, spotlighting influencers in Philadelphia culture through conversation, this art-themed panel with Mural Arts Executive Director Jane Golden and Philadelphia Museum of Art Associate Curator of Education Damon Reaves, among other cultural leaders, zeroes in on what's next for Philly arts in academia, public spaces, museums and more. **Sept. 7, 6 p.m. WeWork**

EXHIBITS

PROVIDED

What in the World?

This exhibit takes a peek inside the Philadelphia-broadcast "What in the World?" game show that aired on CBS during the 1950s — an of-its-time series that had guests try to guess where in the world the museum's artifacts came from. The exhibit uses photos, letters and surviving episode clips to tell the story of the show. **Sept. 9, 10 a.m. Penn Museum, 3260 South St. penn.museum, $15**

1010 N. Hancock St. futureof phillyart.splashthat.com, Free

Philly Naked Bike Ride

While the location of the ride is still shrouded in secrecy, with an announcement to come 24 hours before the event, the cycling advocacy event — meant to highlight the environmental impact of car culture — is slated for another year of buns-out street riding. Pre-ride festivities are scheduled for 3 p.m. **Sept. 9, 5 p.m., philadelphianakedbikeride.wordpress.com, Free**

THEATER

Gli$ter

In a fictional but strangely true-to-life world filled with judgment and greed, a gaggle of money-grubbing clowns — Shylock, Portia and Bassanio—try to unite on common ground in a society where "The Banker," whom is an actual character in the show, always wins. The show features an original score. **Sept. 7 and Sept. 9, 8 p.m. The Tusk, 430 South St. fringearts.com, Pay what you wish**

Airswimming

In 1920s Ireland, two women are imprisoned in a mental hospital as a consequence for challenging the era's gender norms. Charlotte Jones explores this true story of their relationship inside the hospital, with Michaela Schuchman and Michelle Johnson in the leading roles. **Sept. 8 through Sept. 21 Walnut Street Theater Studio 825 Walnut St. fringearts.com, $20**

Marx in Soho

Bob Weick reprises his role as Karl Marx in the one-man show "Marx in Soho," in which he explores the political philosophy of Marx while also offering humorous commentary on the events of the world today — through a Marxist lens, of course. Produced in conjunction with Iron Age Theatre and directed by John Doyle, this performance — part of Fringe Festival 2017 — kicks off a national tour of the show to commemorate Marx's 200th birthday. **Sept. 7 through Sept. 22 Ethical Society of Philadelphia 1906 Rittenhouse Square**

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September 10
Hip Hop Fundamentals

October 8
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THEATER

Leaps of Faith

True to the eyebrow-raising Fringe spirit, Leaps of Faith is a bizarre envisioning of seafarer cults, fanatical belief and "human idiocy"—all expressed through acrobatics and live music. The performance comes from Almanac, founded by a duo of Pig Iron graduates. **Through Sept. 19 Painted Bride Art Center, 230 Vine St. fringearts.com, $25**

ironagetheatre.org, $15

FOOD & DRINK

Philadelphia Honey Festival

Free with suggested donation Conceived in 2010 to honor Lorenzo Langstroth, who designed the movable-frame hive, the seventh annual Honey Festival features a "Honey Happy Hour" at 5 p.m. on Thursday at Glen Foerd on the Delaware, honey tastings and presentations at Wyck Historic House on Saturday and beekeeping demonstrations on Sunday at Bartram's Garden — plus garden tours.

Sept. 7 through Sept. 10, Various Locations, phillyhoneyfest.com

MUSIC

Billy Joel

The Piano Man — a receiver of six Grammy awards —once again takes the stage at Citizens Bank Park to swell the air with his soulful voice and piano strings. The setlist includes songs from most of his albums through the decades, including many of his Top 40 hits. **Sept. 9, 8 p.m. Citizens Bank Park, 1 Citizens Bank Way, ticketmaster.com, $54**

Brian Newman

Newman served as band leader for Lady Gaga and Tony Bennett's co-headlining tour, but is also a masterful trumpeter and vocalist on his own — touring with his quarter, with jazz influences described as reflective of a magical, "old New York." This show may be one to watch: past shows have featured a surprise guest appearance from Gaga herself. **Sept. 10, 11:30 p.m. MilkBoy 1100 Chestnut St. milkboyphilly.com, $10**

2Chainz

Part of his Pretty Girls Like Trap Music Tour, Def Jam artist 2Chainz — of the Playaz Circle rap duo — performs hit song "Duffle Bag Boy," as well as tackles a few covers — of songs from Drake, Lil' Wayne, Juicy J and other rap contemporaries. **Sept. 10, 8 p.m. The Fillmore 29 E. Allen St. thefillmorephilly.com, $42**

COMEDY

Chad Daniels

This stand-up staple has performed on "The Late Late Show with Craig Ferguson," "The Tonight Show with Conan O'Brien" and other late-night programs, teasing about everything from family life to high school culture. Daniels is touring in support of his new album, "Footprints on the Moon." **Sept. 7, 8 p.m. Punch Line Philly, 33 E. Laurel St. punchlinephilly.com, $16.50**

LGBT

Trans Flag Raising

To kick off the 16th annual Trans Health Conference, hosted by Mazzoni Center, Mayor Jim Kenney and Executive Director of LGBT Affairs Amber Hikes gather with members of the trans community to hoist the trans-flag colors beside City Hall. Attendees of the conference can meet at the registration desk at 12:50 p.m. for a march of solidarity to City Hall. **Sept. 7, 1 p.m., City Hall, 1401 John F. Kennedy Blvd. facebook.com/LGBTGovt/, Free**

HOBBIES

Tabletop Thursday

As part of the library's ongoing Tabletop Thursday series, area gamers have a space carved out in the Teen Center for RPG play sessions — whether BYO or with the library's on-site collection. Follow it up with next week's "Geekscape," for discussion about all your favorite series and games in geek culture. **Sept. 7, 3:30 p.m. Free Library of Philadelphia: Central Library, 1901 Vine St. freelibrary.org, Free**

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Abu Dhabi, the extreme emirate

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Fodor's Travel

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Go dune bashing in the Empty Quarter for a heart-pumping way to see the desert. GETTY IMAGES

Ride the World's Highest Roller Coaster

There aren't many places on earth where you can zoom 150 miles per hour in a Ferrari, and experience the world's highest non-inverted loop roller coaster all in one afternoon. Then again, Ferrari World isn't your usual theme park. The high-voltage complex is home to the Formula Rossa, the world's fastest roller coaster, reaching 149 miles per hour in less than 5 seconds. The park recently opened its latest thrill: Turbo Track, which lets riders experience a Ferrari Test Driver sensation as they endure a hair-raising "zero gravity fall."

Drive a Racecar

Keen to zip around a real F1 track? Book an afternoon on the Yas Marina Circuit, where the Formula One races provide the opportunity to experience life in the driver's seat. The adventure begins with a test drive, a trip to the pit, and a tutorial, followed by a few laps in your choice of racecar, from Formula YAS 3000 to an Aston Martin GT4, a Ferrari 458 GT and a Jaguar F-Type S Coupe.

Explore the World's Largest Uninterrupted Desert

Just an hour outside of Abu Dhabi, the Al Khatim Desert sprawls in all directions. Trips with Nuzhath Ideas Abu Dhabi Desert Safari take travelers into the vast sandy expanse for safaris and "dune bashing." Beginning with a drive through the desert, a Toyota Land cruiser will take you crashing into the top of the desert's highest dunes. Moving on, travelers can strap up to try sandboarding, a camel ride, a visit to a traditional Bedouin camp, belly dancing, shisha, henna and an Arabic barbecue.

Get Up Close and Personal With a Bird of Prey

Practiced for centuries in Abu Dhabi, falconry played an important role in the country's desert past and remains a symbol of courage and strength. At the Anantara Sir Bani Yas Island Resort, you can learn the ins and outs of training this fierce animal with the help of a professional handler, who practices traditional telwah techniques. During the demonstration, the falcon swoops into the air at a speed of up to 223 miles per hour, only to return to its trainer's arm with a soft landing. After the demonstration, guests can try their hand at holding and feeding the falcons.

Ferrari World
GETTY IMAGES

Go on a Midnight ATV Ride

There's quad biking, and then there's midnight daredevil dune drives on all-terrain vehicles (ATVs). If you're after a real thrill, book an overnight safari with Quad Bike Abu Dhabi. The nocturnal tour is a starlit joyride across rolling dunes in powerful four-wheelers boasting 250cc to 800cc engines. Never driven an ATV before? Not to worry. Drivers are equipped with safety gear and a thorough briefing before testing their mettle.

Work Up a Sweat While Dune Biking

It might look like a sophisticated, sun-soaked Arabian palace, but the Qasr Al Sarab Desert Resort By Anantara knows how to turn up the energy. The desert hotel, tucked away in Abu Dhabi's Empty Quarter, offers "fat biking" — two-wheel bicycles with extra wide, heavy tires to ensure a smooth drive up and down the dunes. The experience takes place amidst the golden sands of the Liwa Desert, which doubles as one giant BMX park, albeit with the occasional camel and gazelle sighting.

Go Wakeboarding in the Desert

Between the city and the airport, the Al Forsan International Sport Resort is the go-to center for urban adventures. The enormous complex has everything: paintball, wakeboarding, shooting ranges, horseback riding, and go-karts that reach up to 68 miles per hour. Not only are the facilities well maintained and modern, but there are coaches and trainers on hand for those hoping to pick up some new skills.

Surf the World's Largest Manmade Wave

Home to Ferrari World and the Yas Circuit, Yas Island is the city's epicenter of entertainment. For family-friendly fun, spend a day at Yas Waterworld, where more than 43 rides and attractions await. There's Slither's Slides for a downhill splash, the Bandit Bomber roller coaster, and Jebel Drop speed slide. But serious daredevils will want to queue up for the Liwa Loop — a chute-like ride where the floor opens from underfoot.

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PRINCESS CRUISES 10-Day Mexico $799* pp Ocean View $859* pp Balcony $1099*
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10 Eagles storylines for 2017 season

Questions surround Carson Wentz, Doug Pederson, the secondary and the run game as the Eagles get set to start their season.

LUKE MILLER
@MetroPhilly
sports@metro.us

Will Carson Wentz take a step forward and become a premier NFL quarterback in 2017? GETTY IMAGES

Kickoff in the 2017 NFL season is upon us, and the Eagles will have to get off to a fast start to keep up with what looks like an extremely competitive NFC East. They certainly pulled it off in 2016, but faded as the season wore on. How they do in 2017 will have a lot to do with how the following storylines play out.

1 Carson Wentz's next steps

The Eagles bet on Carson Wentz when they traded up to select him in the second round of the 2016 draft and doubled down on their wager during the 2017 off-season. Around the league, they weren't alone. Teams that have decided they have their franchise signal-caller wasted no resource this year surrounding those quarterbacks with proven playmakers. How Wentz fares will be closely contested with contemporaries like Jameis Winston, Derek Carr, and Marcus Mariota.

2 Wentz's new weapons

Wentz has spent all of camp working with the first team and the Eagles wide receivers bare little resemblance to those of recent seasons. Expectations for how Alshon Jeffery, Torrey Smith, and Mack Hollins play this year are one of the biggest reasons for optimism about the 2017 Eagles.

3 A crowded backfield

The Eagles kept a shocking five running backs on their 53-man roster. LeGarrette Blount, uninspiring summer aside, should see much goalline and short yardage work and Darren Sproles is the team's most dangerous weapon from a year ago. The interesting battle for playing time is between three young players: Wendell Smallwood, fourth -round pick Donnel Pumphrey, and undrafted rookie Corey Clement.

4 Offensive line availability

The last time the Eagles made the playoffs, in 2013, the starters along the offensive line all played a full 16 games. That's no coincidence. Since then, injuries struck and the team struggled through Lane Johnson's ten game suspension in 2016. A full season of Lane Johnson, and one where Jason Peters manages to stay on the field as he did in 2016, will bolster the Birds' chances to return to the postseason greatly.

5 Jim Schwartz's pass rush

Schwartz' first season left a lot to be desired despite the talent along the Eagles' defensive line, and at the end of the day too many quarterback hurries didn't enter the stat sheet as sacks. Timmy Jernigan and first round pick Derek Barnett have looked exceptional at getting to the quarterback this summer, and that should go a long way to helping the Eagles biggest weakness.

6 Cornerback development

While we will obviously have to wait a bit to see what kind of return the Eagles get on Sidney Jones while the rookie rehabs his Achilles injury, whether he and Rasul Douglas mature into NFL corners quicker than the Cowboys' 2017 draftees Chidobe Awuzie and Jourdan Lewis do could go a long way towards determining the division.

7 Youth vs. experience

The Eagles have been striking an interesting balance between turning to their younger players and adding veterans. How much playing time will Barnett be able to steal from veterans like Vinny Curry and Chris Long? Will any of the young running backs jump Blount and Sproles in the pecking order? Which corners will win the trust of the coaches: veteran Patrick Robinson, or Jalen Mills and Douglas?

8 Expiring contracts

When the Eagles added talent this off-season, they did so with a multitude of one-year deals. Jeffery, Blount, Robinson, and guard Chance Warmack all came to Philadelphia for prove-it seasons. In Jeffery's case in particular a sizable payday could be waiting. The Eagles also have players who need to be playing up to their contracts or risk finding themselves the victim of cap-friendly release numbers next off-season. Curry and center Jason Kelce are two of the most vulnerable.

9 Doug Pederson's growth

While there weren't many complaints about the 7-9 result from Pederson's first season, there were smaller complaints about reliance on the passing game, fourth down attempts, and time management. Pederson's credentials came into the national scene recently when The Ringer's Mike Lombardi called him "maybe the least qualified head coach ever." Much of the apparent qualifications rest on being a coordinator, which Pederson had done for "only" three years. Let's wait and see how the issues are or aren't cleaned up in season two.

10 Special teams dominance

The Eagles have made their mark with special teams for about as long as most can remember. If they keep taking steps forward as a team, having this elite backbone will be one of the reasons. BSome of the key contributors to that dominance — Donnie Jones (37) and Darren Sproles (34) — have accrued many NFL seasons. It's important to say that there aren't any signs of a drop off from these two performers.

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Notice is hereby given that Extra Space Storage will sell, to satisfy lien of the owner, at public sale by competitive bidding on September 20 at 10:00 AM at the facility located at:
Extra Space Storage 4433 Wayne Ave, Philadelphia PA 19144, 215-455-2880
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ALFRED BOSWELL 1A33 tools household; Ciara Mitchell 1A38 Household Goods; Tatreya Leatherbury 2A02 couches, beds, and clothes, washer and dryer, and refrigerator, dresser, tvs, aquarium; Clayton J Williams 2A128 household goods; Jalisa Dickerson 2A169 tubs, bags, couple bureaus; Brian Thompson 2A20 beds dresser and bags; Alexis Alfonso 2A203 Apt household items; Alexis King 2A204 Household goods; Denise Gates 2A240 Household Goods; Joyce V Harris 2A250 housegoods; Tiana Johnson 2A253 Household items; Shantay Moore 2A88 Household Goods; Pierre Matthews 2A72 household goods; Danielle Freeman 2A91 household goods; Jennifer Graham 2B29 Household items; Khadijah Mickey 2C13 containers and clothes; William Riley 2C24 Bags; Tyrone Brown 2C29 household items; Angel Vargas 2C58 Dresser, chest, bed and bins with clothes; Antonia Elliott 2C70 Household Goods; Tasheka Hollis 2D125 HOUSEHOLD, PERSONAL EFFECTS, ELECTRONICS, CLOTHES; Julie Reed 2D135 household goods; Tiffany Lanette Martin 2D17 household goods and furniture; Amanda Peek 2D210 dresser, armor, boxes with books and clothes; Amita DeShields 2D226 boxes and clothes; James Brite 2D248 Household items; Shaneera Livingston 2D262 toys for kids winter clothes; Deborah Metz 2D269 household goods; Bryan Tetsch 2D38 small items; William Carter 2D55 household; Geena Jones 2D712 tvs, tables, boxes, bags, printer, microwave; Chakeisha Higgins 2D82 household goods, small appliances; Therese Shearin 2E04 boxes, bags, table; Cheryl Adams 2E31 household goods; SHEILA ROBINSON 2E42 household goods; Christopher Irslinger 2E47 household goods; Andrew Esguerra 3A115 bedroom set & couch; Chasera Johnson 3A121 King bed, 2 twin mattresses and boxes; Danielle Graves 3A133 One bedroom apartment; Donna Giddings 3A178B household goods; Regina Duncan 3A197 household goods; Marie E Mullins 3A209 totes and boxes; Marquita Duncan 3A213 Household Goods; Gerald Ross 3A214 mother just passed has boxes to store, entertainment center; Jakita Cash 3A218 clothing, mirrors; Shahidah McIntosh 3A222 Household Goods; Chasams Alexander 3A228 household goods; Kenneth Mccoy 3A230 household goods; Tracy Roberts 3A285 bedroom set and boxes; Diane Bacon 3B06 Household items, Clothes; Tiffany Canady 3B89 Household items; Sharee Johnson 3E17 queen size mattress box spring, twin mattress and box spring, refrigerator, dresser, end tables, 2 air conditioners, bike and scooter; Howard Walker Sr 3L06 clothes, electronics, seasonal items; Golden A Brown 3L12 Clothes; Shayne S Boseman Sr 3L23 clothes; Faruq Ahmad 4A102 Boxes and winter clothes; Nancy Fleming 4A114 Household Goods; Corinna Craddle 4A125 Household Goods; Anthony Joshua 4A19 household goods; Yusef Dingle 4A31 Sectional couch; Wayne Waters 4A35 vhs tapes, cassette tapes, books; Robin Jeffreys 4C09 2 bedroom washer dryer stackable & household items; Alexis Jeffries 4E103 household goods; Bill Joseph Mccray 4E159 HOUSEHOLD GOODS; Shermane Collier 4L01 Personal items; Rhonda Reddeck 4L85 household items; Daryl Boyd GA18 car

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to bid. Sale is subject to adjournment.

NOTICE OF SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on **September 20th, 2017 at 2:00PM,** at the Extra Space Storage facility located at: **1553 Grant Avenue, Philadelphia, PA 19115, (215) 464-3913.** The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes and appliances.

422 - James Jasper - (Household Goods), 606 - Magalys Diaz Escalera - (House Goods, Furniture) 603 - Nakia Perry - (Household Items), 409 - Hakiem L Anderson - (6 piece sectional, reclinyler, dining room, set, 2 tv's, & household items)

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Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on **September 20, 2017** at **1:15PM** at the Extra Space Storage facility located at: **6204 Oxford Avenue, Philadelphia, PA 19111, 215-744-1563.** The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.

A136C Walter Patrick Morgan (House Goods), B111 Kentaya Price (Furniture), B123 Kai Rey Deane (Furniture), B184C Cornel Louis Hunter (House Goods), B197C Ramiska D. Hart (Furniture), B219C Tommy Fonville (Business Equipment), C184C Darryl K. Richardson (Church Equipment), C194C Darryl K. Richardson (Church Equipment), C197C Darryl K. Richardson (Church Equipment), F104 Angela Natae Thompkins (Household Items)

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to bid. Sale is subject to adjournment.

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Notice is hereby given that Extra Space Storage will sell, to satisfy lien of the owner, at public sale by competitive bidding on September 20 at 2:45 PM at the facility located at: Extra Space Storage **12005 Roosevelt Blvd, Philadelphia, PA 19154 215-514-2704.** The personal goods stored therein by the following may include, but not limited to general household furniture, boxes, clothes and appliances.

Anna Blagrave 1355 household items; Stephen J Burns 407 Clothings, Collectable; David Schmidt 412 furniture; Collington Garr 818 clothing, paperwork; John D Austin A38 Bedroom Set, Queen Bed, Futon; Angila Abuhanak B13 Furniture; Nakeya D. Berry L14 household items; Joe Mclean R2 boxes, bed set, furniture

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to bid. Sale is subject to adjournment.

Public Storage **NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY**

Pursuant to the Pennsylvania Self-Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26, § 1901 et seq., a public auction will take place on **9/21/2017**, at the below-listed Public Storage facilities, for the following units/Tenant. The contents of which shall be sold satisfy the owner's lien. **Public Storage Located At, 1251 Byberry Road, Philadelphia, PA 19116 at 10:00AM (215) 678-8764.**

Jade Thompson, Eric Hall, Justin Roberts, Galina Zaydman, Gabrielle Borgella, James Loveless, David Spielberg, Pizza Yonko, Julio Garcia, Karen Ertell, Norman Spielberg, Norman Spielberg, Joseph Leeper Jr

All Sales Are subject to Cancellation Public Storage Terms, Rules and Regulations will be made prior to the sale. PS Orangeco Inc. 701 Western Ave. Glendale California, 91201. PS ORANGECO, INC

Public Storage **NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY**

Pursuant to the Pennsylvania Self Storage Act, Pennsylvania Statues, 73, Chapter 26, 1901 et seq., A Public Auction Will take Place on **9/21/17** at the below listed Public Storage Facilities for the follow units/Tenants. The Contents of which shall satisfy the Owners Lien. **Public Storage Located At, 2700 Grant Ave. Philadelphia PA 19114 at 11:00 AM (215) 698-8319.**

Jennifer Klingenberg, Tamika Harper, Sarah Capanna, Joseph Ferrell, Arsen Avanesov, Dennis Morris, Georganne Allsop, Betty Nicholson, David John, Samuel Badger, Dwayne Allen, Christie Cianciotto, Prince Gvoe, Renee Tamoviski, Demetrius Harris, Therese Mckinley, Shawnia Walton, Yamba Kabia, Nicole Hogan, Kathleen Rennie, William Barnes, Lakisha Glasgow, NORMAN SPIELBERG, NORMAN SPIELBERG

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2017 NFL SEASON PREVIEW

Metro sports editors predict the 2017 NFL season.

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Metro's sports editors in Boston (Matt Burke), Philly (Evan Macy) and New York (Joe Pantorno) made their predictions on which players and teams will reign supreme in the NFL in 2017.

Football is finally back!

And here is what to expect this season:

AFC Champion

Burke: Patriots. The Pats' best competition in the AFC is Oakland and Pittsburgh. Despite the presence of Khalil Mack, the Raiders finished 20th in defensive PPG last season. They're not ready yet. The Pats absolutely own the Steelers and there's no way Pittsburgh is going into Gillette in January and coming out victorious.

Macy: Steelers. Hear me out. The Patriots' success rides on the right arm of a 40-year-old QB, an oft-injured and hard partying tight end, an offense already devoid of its top WR, and a defense built on the backs of mercenary free agents unfamiliar with Bill Belichick's culture and ways. All good things come to an end. The Pats will fall short in the AFC title game. BOOM.

Pantorno: Patriots. Why are we even talking about this? The only way this doesn't happen is if Tom Brady goes down. And that man drinks magical green beverages that are going to let him play until he's 73. I could be his No. 1 wide receiver and they'd still win 13 games.

NFC Champion

Burke: Panthers. I'm a firm believer in bounce-back years in the NFL. The Panthers were shooting for an undefeated season just 19 months ago and Cam Newton was the MVP that year. He's just entering his prime.

Macy: Buccaneers. Okay, it's possible I enjoyed Hard Knocks too much, but the Bucs really do have the recipe for success in today's NFL. A dynamic and elusive QB with a mega arm. Three insanely potent weapons to pass the ball to, and a much-improved defense. It helps that their division is relatively weak and the NFC really has no other standouts. I'm on board the pirate ship.

Pantorno: Cardinals. David Johnson has the promise to be the NFC's Offensive Player of the Year as an explosive dual-threat out of the backfield. Carson Palmer has thrown for 4,000-plus yards in each of his last four FULL seasons and is two years removed from a 35-touchdown 2015. Oh, and he's still throwing to Larry Fitzgerald.

Super Bowl champ

Burke: Panthers. Every Super Bowl the Pats play in is unbelievably close. They're due to lose one of these tight ones after last season's miracle OT win and the Malcolm Butler/Seahawks game in 2015.

Macy: Steelers. Finally, Burke falls back to Earth. The 19-0 Patriots nonsense is nonsense. I think the Steelers, boisterous after ending the Pats season early, ride a healthy Antonio Brown and Le'Veon Bell to a Super Bowl victory over the no-show, youthful Bucs.

Pantorno: Patriots. If everyone (read that as Brady) stays healthy this team goes 19-0 or 18-1 even without Julian Edelman as one final "up yours" to Roger Goodell and the NFL.

NFL MVP

Surprise teams

Burke: Dolphins. Adam Gase may be the best non-Belichick AFC East coach since Marv Levy. They'll be better than expected.

Macy: Cowboys. Dak Prescott will not be elite again in 2017, Ezekiel Elliott will only be eligible for 10 games and Dez Bryant is always hurt. They'll be worse than expected.

Pantorno: Browns. Cleveland will be respectable this year. Myles Garrett will win Defensive ROY and DeShone Kizer will show flashes. They'll be better than expected.

Burke: Rob Gronkowski. Aaron Rodgers, Tom Brady and whichever QB turns out to be this year's Matt Ryan will have excellent but similar years. It will open the door for the NFL's first non-QB or RB to win MVP since Lawrence Taylor won it in 1986. Gronk's 2017 contract is laced with incentives and the dude needs money to go to Vegas 88 times a year. He's still only 28 years old, and if healthy (I realize that's the IF of all IFs), he's the most dominant force in pro football.

Macy: Bring on the Winston hate because he has everything a future MVP needs. Mike Evans, DeSean Jackson, Chris Godwin, OJ Howard, Doug Martin and some experience to back up the hype is a recipe for an MVP season.

Pantorno: Aaron Rodgers. A QB has won the MVP in nine of the last 10 years. That's not changing this year. This guy is coming off a 40-TD, seven-INT season and has a chip the size of Alaska on his shoulder. Jordy Nelson will be healthy and he'll be supported by Davante Adams, Randall Cobb AND newly-acquired Martellus Bennett.

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HOW MANY WINS FOR EAGLES IN 2017?

THE SPORTS PROFESSOR

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Will Doug Pederson prove to be a winning NFL head coach in 2017? GETTY IMAGES

The oddsmakers post the Eagles over/under at eight this season. Ahh, what does Vegas know? Here's a better way to predict how many they'll win. For each of these 16 questions, tally a "yes" answer as an Eagles victory in 2017, a "no" as a loss:

1. Carson Wentz resembled a Hall of Famer his first four games last season (7 TDs, 1 INT), and, well, a rookie after that (9 TDs, 13 INTs). To be fair, he had inept receivers and likely developed a tired arm throwing 607 passes. Now he's rested, ready and surrounded by talent. Will Wentz produce a breakout sophomore season? YES ☐ NO ☐

2. Speaking of the supporting cast, newcomers Alshon Jeffery and Torrey Smith are coming off disappointing seasons. But each has posted 1,000-yard, 10-TD years in the past. Put together, can we count on them for, say, 1,800 yards and 15 TDs? YES ☐ NO ☐

3. The narrative all training camp is that WR Nelson Agholor has brimming confidence and Stickum hands in the slot. You buying? YES ☐ NO ☐

4. Stop me if you've heard this one before: Tight end Zach Ertz is going make the Pro Bowl. OK, roll your eyes. But the guy's had four solid seasons, as long as you don't include breaking tackles or getting into the end zone. This is really his breakout year, right? YES ☐ NO ☐

5. The last time the Eagles brought in a bell cow running back, he turned out to be the unproductive waste of money that was DeMarco Murray. Let's be honest, LeGarrette Blount revived those memories. Can the Eagles have a top-10 rushing game? YES ☐ NO ☐

6. Does future Hall of Fame left tackle Jason Peters have one more solid season in him? YES ☐ NO ☐

7. All of the offensive optimism only works if Peters' partners on the line protect Wentz and bust open holes for the backs. Lane Johnson, Barrett Brooks, Jason Kelce, Isaac Seumalo won't get confused for the famed "Hogs" or the "Electric Company." But are they sturdy enough to get the job done? YES ☐ NO ☐

8. Just 14 NFL QBs started all 16 games last season, which means there's better-than-even odds we'll see Nick Foles. Can he hold down the fort for a few weeks? YES ☐ NO ☐

9. The Cowboys secondary was decimated this off-season. The Giants blockers cannot protect aging Eli Manning. Washington is a brutal soap opera (football and politics). Nothing to worry about in the NFC East, right? YES ☐ NO ☐

10. First-round pick Derek Barnett impressed with three sacks in the preseason. The franchise rookie record is 9.5 sacks by Corey Simon. Will Barnett surpass that? YES ☐ NO ☐

11. Fletcher Cox had a disappointing 2016 season. The excuse was that he always faced double-team blocks. Now he's got Barnett, Brandon Graham, Vinny Curry and newcomers Chris Long and Tim Jernigan around him. Will Cox show he's worth $63 million? YES ☐ NO ☐

12. Jordan Hicks broke his hand on his honeymoon this summer. When healthy, Hicks resembles an All-Pro. Can we count on him playing at least 14 of the 16 games? YES ☐ NO ☐

13. Mychal Kendricks, after playing just 26 percent of the Eagles defensive snaps last season, asked to be traded. He was the defensive MVP this preseason, producing repeated splash plays. Will he be an important part of the scheme? YES ☐ NO ☐

14. The list of cornerbacks who've failed for the Eagles is too long for this article. Does Ronald Darby end that string of misery? YES ☐ NO ☐

15. Caleb Sturgis? YES ☐ NO ☐

16. The second-most important character to Wentz here is coach Doug Pederson. Do you have faith he'll improve on strengths (creative game plans, aggressive approach) and curtail weaknesses (clock management, thinking on his feet)? YES ☐ NO ☐

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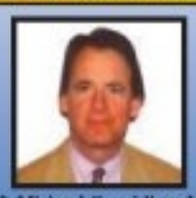

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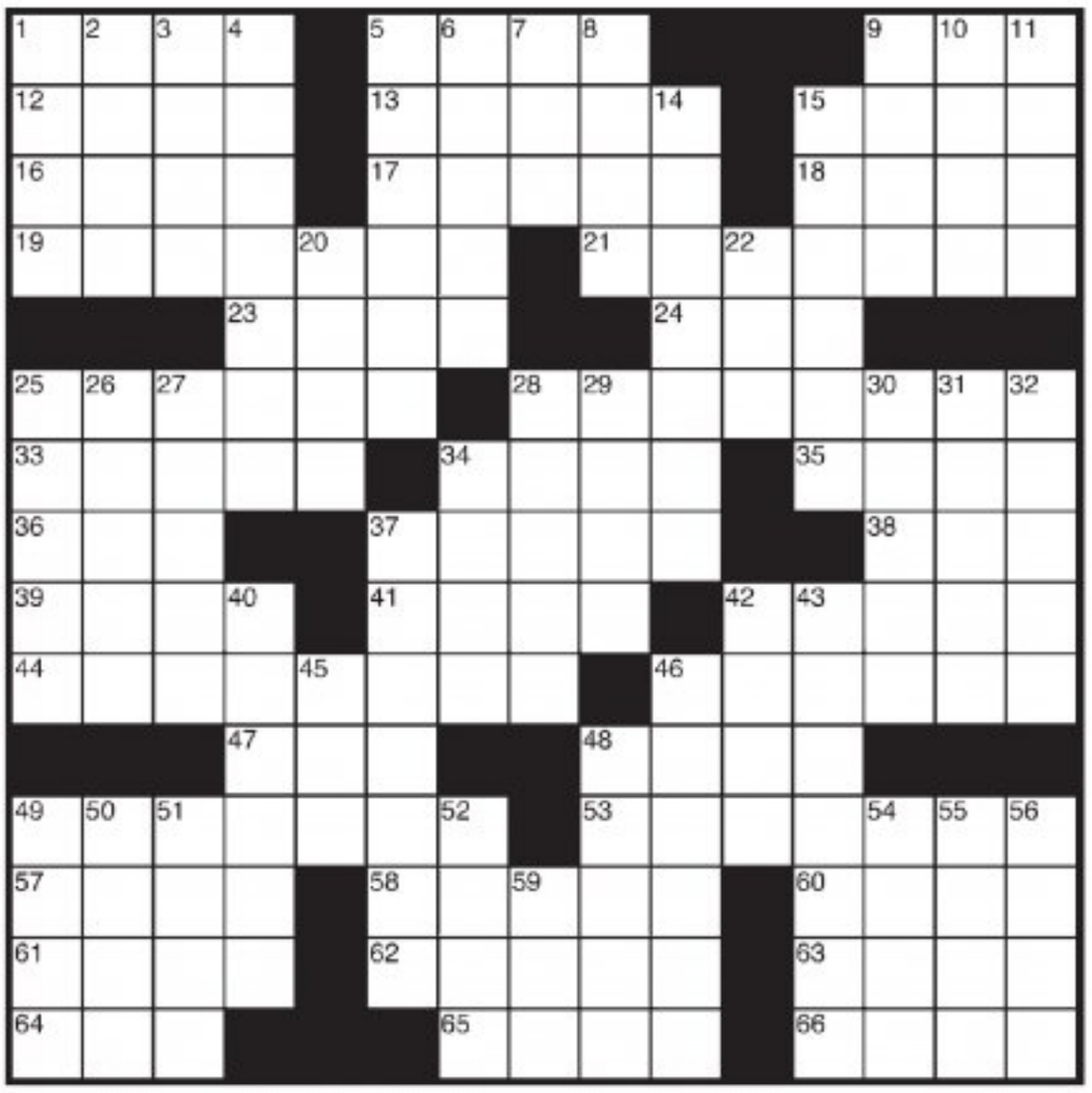
62 Express gratitude to
63 Hubby of Lucy
64 Long-horned ox
65 Chop --
66 Gaelic pop star

Down
1 Witty ones
2 Norse poem
3 Eden inhabitant
4 "Poor Poor -- Me"
5 Rub against
6 Op art pattern
7 Append
8 Listen
9 Thin wedge
10 Green Hornet's aide
11 Unlucky time
14 Aridity
15 Played hockey
20 Gemini gp.
22 Not pre-owned
25 Harsh chemicals
26 Insert mark
27 Unambiguous
28 Prompting
29 Knife handle
30 Novelist -- Lessing
31 Use a bottle opener
32 Polar explorer
34 Cut of meat
37 Most beautiful
40 Narrow inlets (var.)
42 Bikini tops
43 Powerful current (2 wds.)
45 Boot liner
46 Heavy and awkward
48 Queeg's ship
49 Maneuver
50 Little bit
51 Composer -- Satie
52 Telegraph syllables
54 Utopia
55 Promising
56 Lamb's pen name
59 T, in Athens



metro.us/sudoku

easy

5	6		1		4		3	8
		8				7	9	
	1			5			4	2
	8		3		2		5	
2	4			6			8	
	7	2				8		
4	9		2		8		7	1

hard

4			6	8		1		7
	6				1		9	
			7			8		6
	3							8
		6	5		9	4		
5							1	
8		9			3			
	1		2				4	
6		2		7	5			1

metro.us/horoscopes

Aries Emotions will surface and could cause trouble if you cannot control what you do or say. Concentrate on personal growth and your outward appeal.

Taurus Go over your important papers or contracts and make any adjustments that are needed. A discussion with a colleague or instructor will result in positive personal.

Gemini If you pitch in and help, the rewards will be worth your time and effort. Make family a priority and put a passionate relationship at the top of your list.

Cancer Get along with others. Communal effort will make it much easier to reach your goal. Express your thoughts and concerns and be willing to listen to good advice.

Leo Don't give in to someone taking advantage of you. Be clear regarding your expectations and what you want in return. Stick to the people you know you can trust.

Virgo Do the work yourself and save some money. Use your skills to fix minor problems at home or find natural ways to improve your health and avoid unnecessary costs.

Libra Draw on your experience and the people you know you can count on. Someone who has a tendency to bully will question a change you try to implement.

Scorpio Don't feel that you must follow the crowd. Impulsive or risky pursuits may work for some, but you aren't likely to prosper if you get involved. Do your own thing.

Sagittarius Welcome change. Whether it's learning something new or going somewhere different, these experiences will have an impact on the way you live.

Capricorn Don't be fooled by what others do. Following the crowd will not turn out as planned. Use your intelligence and go in a direction that allows you to practice your skills.

Aquarius Revisit old ideas and consider how to update and implement them into your current situation. Relationships will weigh heavily on the decisions you make.

Pisces Look for alternative ways to put your skills, knowledge and experience to use. If someone stands in your way, back away and do your own thing. EUGENIA LAST

Yesterday's answers

J	A	Y	S	■	S	L	A	M	S	■	R	U	M	S
O	R	A	L	■	I	O	N	I	C	■	A	S	I	A
T	E	R	I	■	R	A	D	I	O	■	V	E	N	T
S	A	N	C	T	I	F	Y	■	R	O	A	D	I	E
■	■	■	I	O	U	■	S	N	A	G	■	■	■	■
O	P	I	N	E	S	■	A	F	F	E	C	T	S	■
P	A	N	G	S	■	P	E	R	U	■	I	R	A	■
E	E	L	■	C	R	E	E	L	■	■	R	I	G	■
R	A	E	■	R	O	O	K	■	E	M	C	E	E	■
A	N	T	A	C	I	D	■	B	R	E	A	D	S	■
■	■	■	V	I	E	S	■	Y	I	N	■	■	■	■
A	B	R	O	A	D	■	A	P	P	E	A	S	E	D
P	L	O	W	■	O	M	N	I	A	■	C	O	D	E
E	A	S	E	■	F	O	N	T	S	■	E	M	I	R
S	H	A	D	■	F	O	O	T	S	■	S	E	E	N

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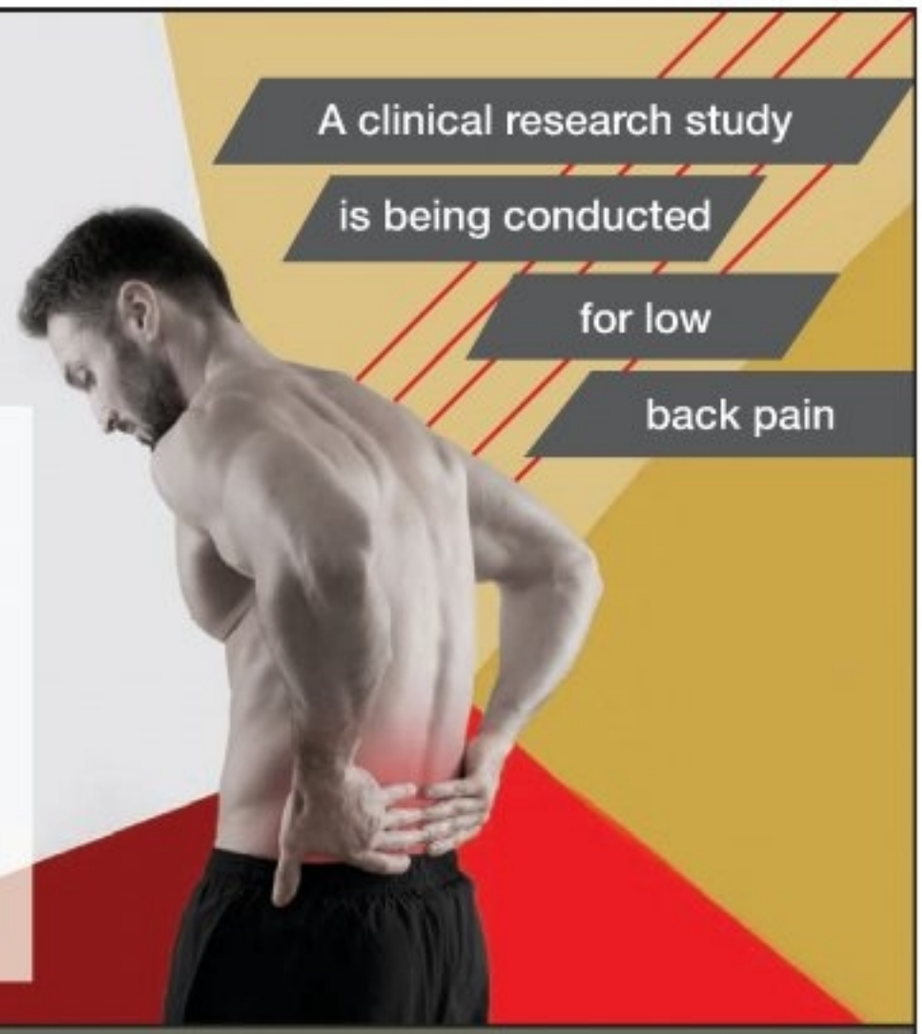

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- Have a 3+ months of diagnosis of low back pain

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